



**OKLAHOMA COUNTY
EXTENSION**

REPORT TO THE PUBLIC September 2022

Educators Receive National Award

A group of 31 Family & Consumer Sciences Educators across the state traveled to Raleigh, North Carolina to take part in the National Extension Association of Family and Consumer Sciences (NEAFCS) conference.



Oklahoma County OSU Extension makes it a priority to make connections and form partnerships across the county. Oklahoma County OSU was recognized for their hard work by receiving 1st Place Southern Region and 1st Place National Winner for the NEAFCS Community Partnership Award for Water Conservation.



Oklahoma County has been partnering with the Oklahoma City Water Utilities, Will Rogers Gardens and local schools for the past three years in conducting water conservation programs.



LaDonna Hines, County Director received the award for the Oklahoma Team which consisted of Josh Campbell, Julia Laughlin, Cody Yount, Mindy McNeil and Diana Sansing.



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Home Grown Gardening

To help residents start their fall gardens, a workshop called, "Home Grown Gardening," was taught by Julia Laughlin, Horticulture Educator, Joshua Campbell, Urban Agriculture and Natural Resources Educator, and Taylor Conner, Family and Consumer Sciences Educator.

Joshua Campbell and Julia Laughlin took turns teaching in their respective areas of expertise during this day long workshop focused on taking soil samples to minimize overusing fertilizers; the importance of adding organic matter to the soil and how to create your own compost; efficient irrigation options for the garden and landscape; how to use mulch effectively; along with tips to successfully grow vegetables in Central Oklahoma.

Taylor Conner, Family & Consumer Sciences Educator and Registered Dietitian tied it together by focusing on preserving the harvest with examples of canning, freezing and drying of produce.





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Beginning Farmer Market Garden School

Joshua Campbell, Urban Agriculture and Natural Resources Extension Educator, and Julia Laughlin, Horticulture Educator, concluded a 6-month training for new and beginning farmers wanting to start their own market garden business. The class included topics such as business planning, goal setting, crop production, season extension, soil management, pest and disease management, food safety, marketing and more. Twenty-one students completed the program, which included both classroom and on-farm learning experiences.





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Yoga at Rollingwood Elementary

Taylor Conner, Family and Consumer Sciences Educator, and Mindy McNeil, 4-H Youth Development Educator, partnered with Rollingwood Elementary to teach two Yoga for Kids programs during September.

Kids ranging from pre-K to 1st grade followed along with breathing exercises and fun yoga poses such as frog, cow, and cat. A total of 6 classes participated, reaching roughly 180 students during each program. Taylor and Mindy will be returning throughout the semester to teach more yoga classes. The teachers have already noticed the students using the breathing techniques for relaxation in the classroom.





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Family and Consumer Sciences Educators Host Advisory Council

A Program Advisory Council meeting was recently held to help Extension Family and Consumer Sciences Educators plan programs for 2023. Taylor Conner, Lisa Hamblin, and Lori Goodbary invited local agencies to share ideas regarding potential audiences that could benefit from Extension programs in parenting, health, wellness, and nutrition.

Board member Freda Davis from the Bureau of Prisons, surprised Lisa Hamblin with a plaque of appreciation for the parenting programs she provided to the incarcerated fathers at the Federal Transfer Center in Oklahoma City.



**FAMILY &
CONSUMER
SCIENCES**





OSU EXTENSION
**OKLAHOMA COUNTY
4-H YOUTH DEVELOPMENT**

State Fair

The Oklahoma State Fair is always so much fun, but did you happen to stop by the Oklahoma Expo Building or the Livestock Barns this year? If so, you probably caught a glimpse of all the hard work 4-H'ers have been doing all year long! Oklahoma County 4-H members placed twelve blue ribbons, twelve red ribbons, and eight white ribbons, with a total of sixty entries placing in the top 10.

Also, a big thank you to LaRica Krischel and Sue Hart, for volunteering their time at the state fair 4-H exhibit area.

4-H Legacy Gala

The Oklahoma County 4-H Educators were reunited with OK County 4-H alumni, Aidan Spencer, for the Legacy Awards Gala in Washington, D.C. Aidan Spencer was the 2020 Youth In Action STEM Pillar award winner.

Due to the pandemic, the awards were postponed for the last two years. It was an honor to have Oklahoma County represented on the national stage. The winners shared what opportunities 4-H has provided and how they have excelled. Congrats, Aidan, and good luck with your college courses this semester!





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Extension Staff:

LaDonna Hines - Extension Director

**Lisa Hamblin - Family & Consumer
Sciences Educator**

**Taylor Conner - Family & Consumer
Sciences Educator**

**Julia Laughlin - Horticulture
Educator**

**Josh Campbell - Urban Agriculture
& Natural Resources Educator**

Cody Yount - 4-H Educator

Mindy McNeil - 4-H Educator

**Rachel Morse - 4-H Youth
Mental Health Multi-County
Educator**

**Lori Goodbary - CNEP Area
Coordinator**

OSU Extension provides research-based resources you can use to improve your home, workplace and community. We offer programs and services that are specifically designed to solve the problems that county residents face. Please check out our calendar of events at <https://calendar.okstate.edu/oces/> to learn of new workshops or programs being offered.

You can follow us on social media for a glimpse into how your Oklahoma County Extension Educators and staff are serving you and the community.

Contact Us:



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